

Support for couples and families

How to refer someone to Bethany services in the Barwon Region

Bethany Community Support provides relationship counselling to help individuals, couples and families explore, and possibly change, aspects of their lives and relationships.

The aim of the program is to promote positive change, assist problem solving and reduce stress.

Counselling can be helpful in:

- Addressing communication issues
- Dealing with difference and conflict
- Assisting with concerns about family relationships
- Improving child – parent relationships
- Coping with separation and loss
- Assisting to overcome trauma and challenges
- Improving self-confidence
- Counselling is available to the whole family, including children

Bethany counsellors are experienced and fully qualified. This is a free service.

To make an appointment or find out more, call **(03) 5278 8122** or

visit our website **www.bethany.org.au**

